

Crown Chakra 1st Gate

Tone: B

Frequency: 480 Hz.

Zodiac: Pisces

Color: Magenta

Chakra: Crown - Sahasrana

Vowel: EEE (as in "me")

Bija: Om

Element: All

Physical Correlates: Electrical body,

Nervous system, Subtle circulation,

Hands and feet, Sleep cycle, Sugar

sensitivity, Brain, Pituitary gland, Blood purification, Lymph system Immune

system, Systemic problems: (Candida, bacterial, viral, parasites.) Oxygen

(15.99 Hz) Hydrogen (1.008 Hz) Phosphorus (30.97 Hz) Emotional

Emotional Blocks Correlates: Martyr, Hard to receive without feeling

guilty, Scattered attention, Needing certainty, Addiction, Self-doubt,

Spiritual distress, Pessimism, Closed-mindedness, Spiritual bypassing,

Disconnection from the body, Living in fantasy, Gullibility, Monkey mind,

Dysfunctional patterning

Shabd Sound: Om

Energy: Transcendence, Bridge between the physical and the formless,

Limitlessness, Presents, Higher states of consciousness, Conceptualization,

Bliss, Spiritual Awakening, Liberation of limiting patterns, Wisdom

Mantra *Om Para Shakti Namaha* Sanskrit mantra as given by

Amritanandamayi for awakening creative fire. Om (carries the Divine in

vibrational form) Para (highest or transcendent) Shakti (power or

empowerment).



